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might have looked like in a Navy uniform: a white hat, a bib in the back and bell-bottom trousers. I wonder how many times I might have seen him and not even said, "Good morning, how are you? Or anything because, you see. I was a fighter pilot and he was just a sailor."

Plum thought of the many hours the sailor had spent on a long wooden table in the bowels of the ship, carefully weaving the shrouds and folding the silks of each chute, holding in his hands each time the fate of someone he didn't know.

Now, Plumb asks his audience, "Who's packing your parachute?" Everyone has someone who provides what he or she needs to make it through the day.

Plumb also points out that he needed many kinds of parachutes when his plane was shot down over enemy territory—he needed his physical parachute, his mental parachute, his emotional parachute and his spiritual parachute. He called on all these supports before reaching safety.

Sometimes in the daily challenges that life gives us, we miss what is really important. We may fail to say hello, please, or thank

you, congratulate someone on something wonderful that has happened to him or her, give a compliment, or just do something nice for no reason.

As you go through this week, this month, this year, recognize people who pack your parachute. I am sending you this as my way of thanking you for your part in packing my parachute. And I hope you will send it on to those how have helped pack yours!

Article from Nightlines newsletter for adult learners at the University of Akron, Ohio
Volume: Fall 2001 Issue 2

PLUG IN WITH IDIS 110 FRESHMAN SUCCESS FOR ADULTS

Are you concerned that you don't have the study skills necessary to succeed in college? Then IDIS 110 Freshman Success for Adults (1 cr) is for you. Connect to the campus and other students and gain the tools you need to succeed in this class. Freshman Success (IDIS 110) is an eight-week course open to all students. It is designed to help you — a freshman — by teaching you the skills needed to successfully reach your educational goals.

Topics include

- study skills
- time management
- test-taking
- note-taking
- goal setting

Register for IDIS 110 on OASIS for CRN# 11924.

UPCOMING EVENTS

Stars Orientation

Spring 2004: Thursday, Jan. 8, 2004
Classes begin: Monday, Jan. 12, 2004

Fall 2004: Thursday, Aug. 19, 2004
Classes begin: Monday, Aug. 23, 2004

Students with Families Pizza Party

Friday, Sept. 26, 2003
Entertainment: Sponge Bob Square Pants
Pizza 6-7 p.m.
Sponge Bob 7-8 p.m.

Winter Workshop

Friday, Nov. 7, 2003
On Financial Aid
Entertainment: Mad Scientist Show
by Mr. Wizard

Midwinter Workshop

Friday, Feb. 6, 2003
On Wellness and Healing Naturally
Presenters: Stephen R. King, M.S., LMFT;
Don Smith, ACSW, LCSW
Entertainment: Live bird show by
Soarin' Hawk Association

Spring Event

Friday,
April 16, 2003
Entertainment:
Keystone the
Clown



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Rapport

Fall 2003

IPFW Center for Women and Returning Adults

STUDENT HIGHLIGHT: SHIRLEY CHAMBERS



A few years ago I was not only saying so long to the 90s, and hello to a new millennium; I was leaving my profession of 20-some years to become a full-time non-traditional college student. As the fall semester of 2003 quickly approaches, I can proudly say, "I am entering into my junior year at IPFW." My field of study is general studies/gerontology. The role of full-time student at IPFW has not been an easy one for me. More than once I have questioned my decision of taking 12 or more credit hours per semester and working part time — but, thanks to my advisor(s), professors, and the Center for Women and Returning Adults, my college experience as a non-traditional student continues to be a successful one.

I am thankful for the various resources IPFW has available to all students, especially to the nontraditional students who are embarking on their new beginnings.

During Summer Session II last year, I met a student named Susie in a Women's Studies class we attended together. Susie and I soon became friends and study partners. As our friendship grew and we began to know one another, I realized that she was the secretary for the Center for Women and Returning Adults. On one of my visits to the center, I had the pleasure of meeting the director,

Robin Newman. To this day I remember our initial visit as if it was only yesterday. I shared with Robin my hopes and dreams of the career I would one day pursue, and how I was having a tough time financially. Robin gave me various scholarships forms for non-traditional students and encouraged me to apply for these A.S.A.P. Thus, I applied for two scholarships from the list and received them both.

The scholarships were a tremendous help to me financially. The Sumasil Foundation awarded a scholarship of \$2,000 toward tuition, fees, and books. The award letter encouraged me more

than words can describe. Following is an excerpt from that award letter: "Shirley, it is our privilege to assist you in achieving your goal to obtain your general studies/gerontology degree. Working with the elderly and the terminally ill is a noble cause. Per your letter, it is clear that you have passion for people and a gift to serve those in need when the end of life is near. You truly are one of God's angels."

Within the next two years, I gleefully anticipate receiving my Bachelor of Science from IPFW. I am thankful for the various resources IPFW has available to all students, especially to the nontraditional students who are embarking on their new beginnings.

STARS & STUDENTS WITH FAMILIES PROGRAMS:

What are they? Why attend?

STARS and Students with Families programs are orientation and workshops for returning students and their families. STARS is an acronym for Starting Transfer and Returning Students and is an evening of mini-workshops to orient the new student to his or her semester of college at IPFW. Stars orientation addresses all the unknown questions and apprehensions that may plague students new to campus. The workshops offered are:

- *What You Need to Know about IPFW*
- *Finding a Major that Fits*
- *How to Conquer Your Math Anxiety*
- *Using Computers for Academic Success*
- *How to Write a College Paper Study Skills and Note Taking*
- *Time Management: The Balancing Act*

All of the workshops, presenters, and panelists are IPFW staff, faculty, and/or students. The first panel consists of current IPFW students who share their personal experiences with the workshop participants. The second panel consists of IPFW staff and faculty sharing their expectations of students along with a question-and-answer session.

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A Publication of the Center for Women and Returning Adults at Indiana University-Purdue University Fort Wayne.

Inside Rapport...

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Finding a Major that Fits

Presented by Jennifer Mayhall

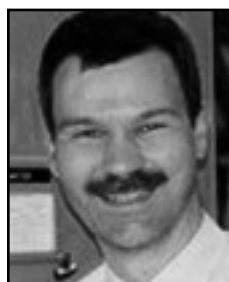


Mayhall presents "Finding a Major that Fits"; she brings many years of knowledge and expertise to the workshop as a career counselor in the Academic

Counseling and Career Services. Mayhall has a master's degree in counseling. She began working at IPFW part time in April 1999 as a peer advisor. In Dec, 29, 1999, she took a full-time position. Mayhall's advice to incoming students is, "Do more than go to class. Get involved at IPFW. It will help you to stand out when it comes time for employers to compare résumés."

How to Deal with Math Anxiety

Presented by John LaMaster



LaMaster is a whiz at reducing anxiety for math and anything else for that matter. As LaMaster walks the students through the mazes and puzzles of math, he is able to

reduce their math anxiety quickly. LaMaster has a Master of Science in mathematics and a B.S. in mathematics-computer science. LaMaster has worked at IPFW for 12 years and has this advice for incoming students: "If you want to succeed, you must be like the rhinoceros! Wake up each morning and CHARGE straight ahead to accomplish your goals."

Using the Computer for Academic Success

Presented by Kathy Skurzewski

(photo not available)

Skurzewski is IPFW's student computing resource supervisor and brings a vast array of technical experience and know-how to the university. Skurzewski is the presenter for

Using the Computer for Academic Success in the fall 2003 STARS orientation. Skurzewski began her career at IPFW in Transitional Studies (now named CASA, the Center for Academic Support and Advancement) as a computer support technician. In August 2000, she joined Information Technology Services (ITS) as supervisor for student computing. In this capacity, she is responsible for staffing and maintaining our six computer labs on campus:

- Kettler K204A
- Kettler K217
- Kettler K217D
- Neff B71
- Science G15
- Walb WU221

Skurzewski's advice to incoming students: "Hang in there. IPFW has lots to offer; all you need to do is take the initiative to find and explore our many avenues."

How to Write a College Paper

Presented by Mary Arnold Schwartz



Schwartz has worked part time at IPFW for six years. Her palette of colorful experiences paints a bright picture on the dynamics of writing college papers. She has a B.A. in

English and anthropology and is working on her thesis for an M.A. in English and linguistics. She will graduate when it is accepted. You can find Schwartz in the Writing Lab in Kettler Hall.

Studying and Taking Notes

Presented by Greg Anderson

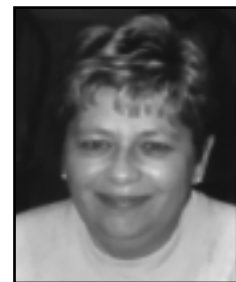


Anderson is a learning skills professional. He has an undergraduate degree in elementary education, graduate degree in elementary education, and postgraduate work in reading. Anderson has worked at IPFW for

15 years and has this advice for new students: "Get involved in your learning by taking advantage of academic support, student activities, and workshops. Driving to campus, walking from building to building, and sitting in your classes is not necessarily being in college. Get involved!" Anderson works in Center for Academic Support and Advancement (CASA) in KT G23.

Time Management: The Balancing Act

Presented by Mary Lehto



Lehto presents to the audience that — yes indeed — working, family, and school can be accomplished by mastering organization. Lehto is an academic advisor in ACCS, Academic Counseling and Career Services. Lehto has a B.A. in elementary education and master's in secondary education. Lehto has worked at IPFW since April 1989. Lehto's advice to incoming students is, "Decide what is really important in your life and make those things your priorities. Eliminate activities that do not reflect your values or goals, and spend your time on what is important to you."

Elaine Foley



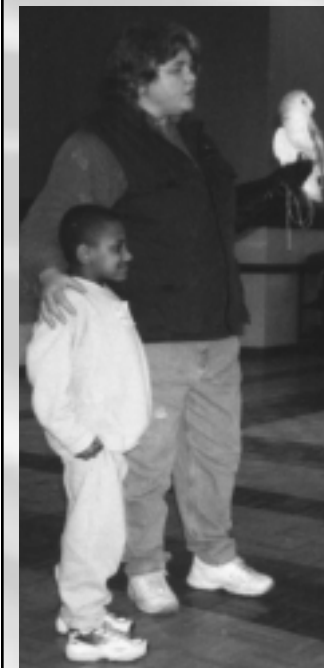
Foley has an A.S. in dental hygiene, a B.S.Ed. in dental health education, and an M.S.Ed. Foley is one of three faculty panelists sharing advice and

expectations of students at IPFW. Foley has the following advice for incoming students: "Keep a calendar for exams and project due dates."

STUDENTS WITH FAMILIES PIZZA PARTIES

Food and Entertainment

(Paid for by Indiana-Purdue Student Government Association)



Pictured above: Laura Edmunds from Soarin' Hawk Association shares about the importance of wildlife at a Students with Families Pizza Party.

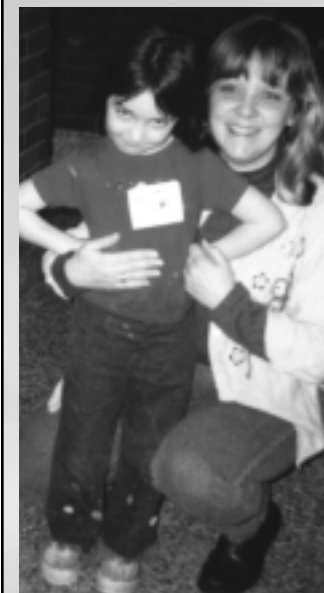
The Students with Families Pizza Parties is made up of students and their families, staff, and workshop presenters as well as entertainment for the kids. (Adult-sized kids too!) Students with and without families come together for a fun evening of great food, refreshments, and fellowship with other students. The parties are always held on a Friday night, and entertainment is provided for the children in another room during the workshops.

Past workshops have included:

- Financial Aid
- Time Management
- Beating the Winter Blues
- Study Habits
- Relaxation Techniques

Past entertainment has been:

- Magic Show
- Live animals from Pine Black Animal Reserve in Albion, Ind.
- Live bird show from the Raptor Chapter featuring live birds and an exciting and interesting talk on the important connection between our environment and the wildlife surrounding us
- Shoopitee the clown and her entertaining show
- Storyteller Steven Estheridge and his stories that took us down Indiana's memory lane
- A cute little clown named Keystone who melted all of our hearts with his wild antics and tricks



Families experienced food and fun at a previous Students with Families Pizza Party. Pictured left to right: Peggy Caron with granddaughter Candis Dameron; Maddie with mom Jennifer; Katie Dominguez



WHO PACKED YOUR PARACHUTE?

Advisor's Corner

Like you, I receive many bits of humor and wisdom via electronic mail. A recent story I want to share reminds us that we're not alone in our life's journey. I believe this is especially true for adult learners. In making the commitment to further your education, there are many supports along the way — the friends and family who encourage us, help us and stand quietly by when we need time to study and cheer us on when we're discouraged. After reading the story, think about the people who pack our parachutes and thank them.

Charles Plumb was a U.S. Navy jet pilot in Vietnam. After 75 combat missions, his plane was destroyed by a surface-to-air missile. Plumb ejected and parachuted into enemy hands. He was captured and spent six years as prisoner of war. He now lectures on lessons learned from that ordeal.

One day, when Plumb and his wife were sitting in a restaurant, a man at another table came up and said, "You're Plumb! You flew jet fighters in Vietnam from the aircraft carrier Kitty Hawk. You were shot down!"

In making the commitment to further your education, there are many supports along the way.

"How in the world did you know that?" asked Plumb.

"I packed your parachute," the man replied. Plumb gasped in surprise and gratitude.

The man pumped his hand and said, "I guess it worked!" Plumb assured him, "It sure did. If your chute hadn't worked, I wouldn't be here today."

Plumb couldn't sleep that night, thinking about that man. "I kept wondering what he

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